

One Month HIIT Workout

Week 1

1 *Straightforward HIIT*

2 *Rest*

3 *Sideways HIIT*

4 *Rest*

5 *Straightforward HIIT*

6 *Rest*

7 *Sideways HIIT*

Week 2

8 *Rest*

9 *Sideways HIIT*
Try an advanced move

10 *Rest*

11 *Straightforward HIIT*

12 *Rest*

13 *Straightforward HIIT*

14 *Rest*

Week 3

15 *Sideways HIIT*
Complete an additional round

16 *Rest*

17 *Sideways HIIT*

18 *Rest*

19 *Straightforward HIIT*
Complete an additional round

20 *Rest*

21 *Straightforward HIIT*

Week 4

22 *Rest*

23 *Sideways HIIT*
Increase side plank hold to 30 secs each side

24 *Rest*

25 *Straightforward HIIT*
Hold your plank for 45 secs

26 *Rest*

27 *Straightforward HIIT*

28 *Rest*

Week 5

29 *Sideways HIIT*

30 *Rest*

31 *Rest*

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